

Home food introduction

This leaflet gives more information about the home food introduction process. If you have any questions, please speak to a dietitian looking after your child.

What is home food introduction?

It is the introduction of a food that we believe your child is not allergic to, or no longer allergic to. This can be done safely at home.

Why are we suggesting this for your child?

We have done allergy tests which show that your child is not allergic to the food that we are recommending you introduce to them. The risk of a reaction is very small and that food can be introduced at home.

When to perform the home food introduction?

- Make sure your child is **well** with **no illness**.
- Make sure that their eczema, asthma or hay fever are well controlled.
- If your child has **needed** to use a **salbutamol** (Ventolin[®]) or **terbutaline** (Bricanyl[®]) blue inhaler in the last 72 hours (three days), delay the food introduction until they have not needed those inhalers for 72 hours.

Where shall I perform the home introduction of food?

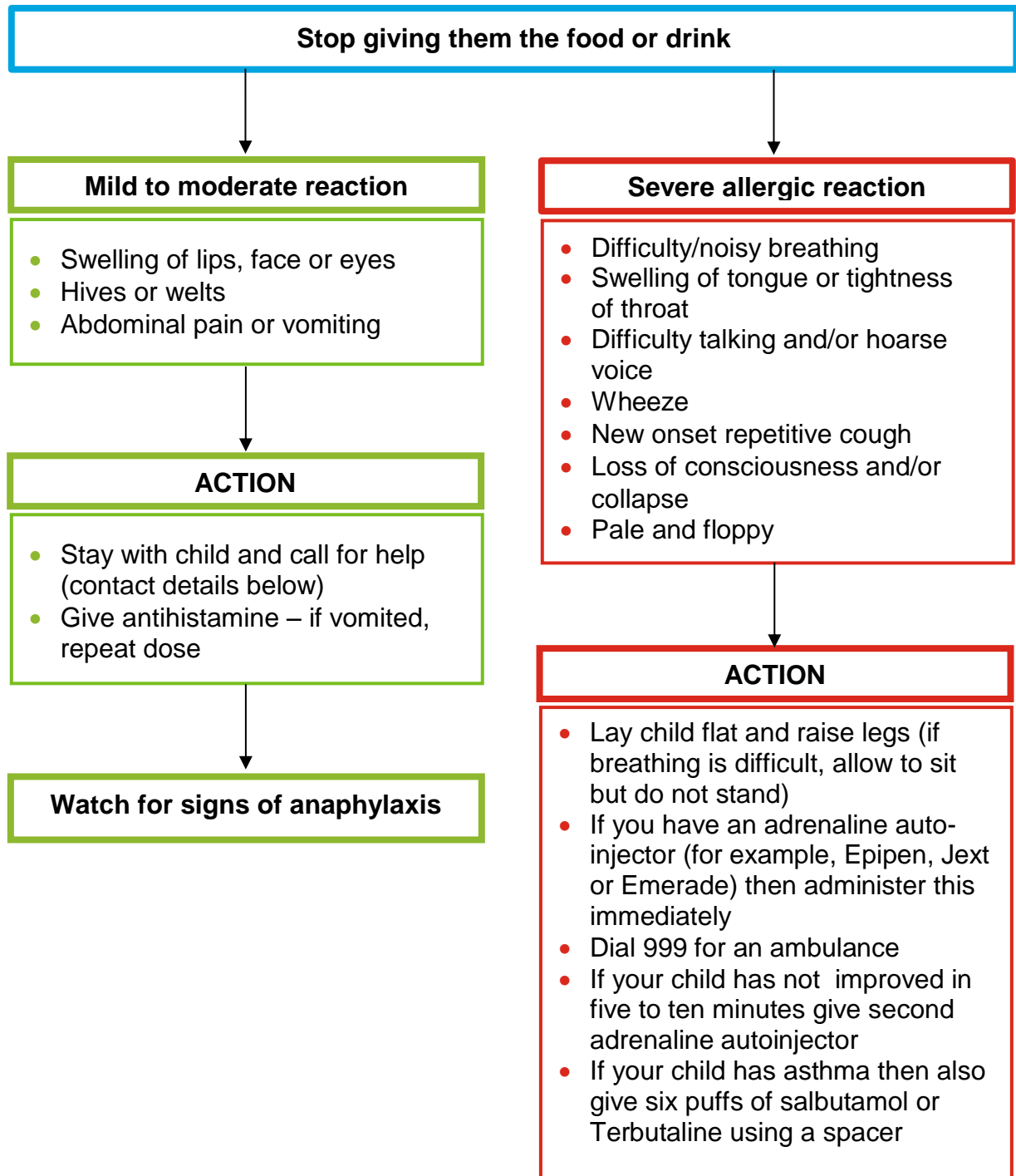
Perform the food introduction in your home on a day that you have time to watch your child eating the food, and for a couple of hours after they have eaten the food.

How to perform the home food introduction?

- Make sure that the new food does not contain, and is unlikely to be contaminated with, any other foods your child is allergic to or has never eaten before.
- Only introduce one new food at a time.
- Leave at least three days between introducing each new food.
- Give your child a normal child-sized portion of the food (see table).
- If your child refuses to eat the food, do not force them.
- Make sure that you have easy access to **your child's emergency medications**, as stated on their **emergency plan**, in case of an immediate allergic reaction.
- If your child has **any signs** of an immediate **allergic reaction**, **stop** giving the food and give the necessary medications (use the flow diagram). This type of reaction can happen within minutes, or up to two hours after eating the food.
- If at any time you are **not sure** if your child is having an allergic reaction, **stop** giving the food and observe closely for any symptoms.

If your child eats the whole portion without any problems, observe your child for 1-2 hours after they have completed eating the food.

What to do if your child has an immediate reaction to the food?



If you are not sure if your child is having an allergic reaction, stop giving the food and observe closely for any symptoms

Home food introduction examples

Home food introduction of	Suggested foods to give	Total amount of food to give a child-sized portion
Well-cooked egg	Hard boiled medium-sized egg - cooked for 10 minutes in boiling water - can be chopped or pureed and added to fruit puree, yogurt or savoury dish	0-6 years – ½ to 1 medium-sized, hard-boiled egg 7+ years – 1 medium-sized, hard-boiled egg
Milk	Shop-bought, fresh, pasteurised cow's milk	0-6 years – 150ml 7+ years – 150-250ml
Soya milk	Shop-bought soya milk, for example, Alpro®, Provamel®, Tesco's own, Sainsbury's own	0-6 years – 150ml (5 fluid oz) 7+ years – 150-250ml (5-8 fluid oz)
Soya yogurt	Supermarket's own brand of soya yoghurt, for example, Tesco's Free From or Alpro® Soya yoghurt	0-6 years – 100-120g 7+ years – 120-150g
Wheat	Weetabix®	0-6 years – 1 ¹ / ₃ Weetabix biscuit 7+ years – 1½-2½ Weetabix biscuit
	Wheat – durum wheat pasta, cooked	0-6 years – 60g (cooked) 7+ years – 60-202g (cooked)
Sesame	Sesame seeds (can be mixed with fruit puree, yogurt or savoury dish)	0-6 years – 16g (4 teaspoons) 7+ years – 16g (4 teaspoons)
	Tahini paste* (made from 100% sesame seeds) can be given on bread, rice cakes, added to fruit puree, yogurt or savoury dish	0-6 years – 16g (3 rounded teaspoons) 7+ years – 16g (3 rounded teaspoons)
	Sesame snaps	0-6 years – 3 snaps (30g packet) 7+ years – 3 snaps (30g packet)
Fish (white fish)	Cod fish finger (frozen)	0-6 years – 1½-2 fingers 7+ years – 2-4 fingers
Green/red lentil	Cooked or tinned lentils	0-6 years – 40g 7+ years – 50-150g

* Please note that some tahini pastes contain ingredients other than sesame seeds, and may have 'May contain traces of nut' warnings. We recommend you choose a product that only contains sesame seeds. If your child is allergic to any nuts, we suggest you use a product that does not have 'may contain' warnings, such as Sunita® tahini paste.

After your child's successful home food introduction, it is safe to regularly include the new food in their diet.

Contact us

If you have any questions or concerns about food that your child is having introduced at home, please contact us, **t:** 020 7188 8494, Monday to Friday 9am-5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003, Monday to Friday, 10am-5pm **e:** letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111 **w:** www.111.nhs.uk

NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form,

w: www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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